

## PRACTICAL SUGGESTIONS

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[Nurses interested in this column are asked to send contributions for it.]

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IN giving a mustard bath, if the required amount of mustard to be used is put in a small muslin bag, and then put in the water and stirred about and squeezed, it will be found to be the simplest and easiest method; if put in the water without the bag it is so apt to take some time to dissolve the lumps.—M. B.

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To keep an ice-bag in position, use a bandage or wide piece of muslin, making a hole in the centre of it just large enough for the little round cap to be admitted, then bandage two or three times around, leaving the cap free.—M. B.

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IN giving a hot-air bath, it is most important to remember the pitcher of water to stand at the foot of the bed in case of fire.—M. B.

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I WAS very much interested the other day in seeing, for the first time, a mattress turned under a helpless patient. I wonder whether I can make clear how it was done. Remove the pillows from the bed (keeping two near you), and all bed clothes except sufficient to protect the patient, leaving the under sheet which must be rolled in such a way as to enable the nurses to lift, or draw, the patient in it. Then let one nurse draw the mattress and patient well over, so that there is room made on the bed-spring for the two pillows to be placed lengthwise. Then let the nurses, one on each side of the bed, lift together the patient onto the pillows; the mattress is then turned by the nurse on the opposite side to the patient, the patient again lifted on the mattress, pillows removed, and the mattress, with the patient, drawn over into its proper place again.—M. B.

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A VERY simple way to sterilize a hypodermic needle, or anything of the kind, is to boil it in a small test-tube over a flame.—M. B.

UTENSILS which must be prepared hastily for an emergency can be sterilized by coating them with alcohol, which is then ignited and allowed to burn itself out. Glass receptacles will crack if treated in this manner.—M. Z.

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AN infant's knit abdominal band will keep its elasticity better if, when it is washed, it is thoroughly wrung dry by hand and then left in a twisted roll to dry, not straightened out or hung up.

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IF a nursing mother has not sufficient food for her baby, it is better to piece out each nursing by a sufficient amount of the artificial food ordered rather than to alternate the nursing and feeding. When the latter method is used, the supply of natural food diminishes, as the demand for it is less.

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IT is not generally known that tea has the property possessed by butter and milk of absorbing the odor of other food. It should, therefore, be kept in a tightly-closed canister.

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MANICURE scissors, with the points turned up, are safest to use in cutting the pubic hair.—J. T.

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PERFORATED china dish covers, such as are sometimes used for toast, should cover all plates holding hot food on a patient's tray.—J. T.

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IF any of the readers of the JOURNAL have been asked to secure a specimen of urine from a sick baby and have been puzzled how to obtain it, perhaps my experience in this may help them. To secure a specimen from a boy baby is not difficult, but with a girl I have managed in this way: A baby will almost invariably pass its water either during sleep or on first awakening, and if the diaper is left loose, and a cup with a thick round edge is placed inside, then when the baby awakes you have your specimen.—H. E. S.